



Peacock Press

JANUARY 2002

Naval Postgraduate School

HAPPY NEW YEAR

From the Quality of Life Director...

MILITARY FAMILIES HONORED AT CLUB DEL MONTE

The President recently declared "Military Families Appreciation Week" as an appropriate way to honor the unselfish dedication of spouses and other family members who support our nation's armed forces. The importance of this support is especially evident during our present time of national crisis, as it provides a positive impact on the readiness of our military forces and the well being of our communities.

*Your Quality of Life Team at NPS would like to honor our military family members' numerous sacrifices for our country including frequent moves, long periods of separation, and daily support for our service men and women. Accordingly, we will provide a **quality dinner at no charge** in the Barbara McNitt Ballroom on **10 January from 1730~2000**. Due to the anticipated popularity of this event, reservations are required. Please call 656-2170.*

To ensure we are providing quality programs that meet the needs of our Military Families, key managers of NPS Quality of Life Programs will be available at this event to discuss our current programs. We want to use this opportunity to answer your questions and hear your suggestions on how we can improve your Quality of Life programs at NPS. We also have 400 free AT&T phone cards to give away.

*Mark **Thursday, 10 January** on your calendar and bring your family to Club Del Monte for a well-deserved dining experience for your entire family. You don't want to miss this family event!*

Jim Thomas

www.mwr.nps.navy.mil



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Club Del Monte



*Come enjoy our Tuesday
Dinner Special
in the
El Prado Bar
4:00 ~ 9:00 p.m.*

Roast Prime Rib!

*with Aux Jus and Horse Radish accompanied
with Baked Potato and Sour Cream
Fresh Vegetables and Chef's choice dessert*

only \$13.00

*From the kitchen of
Chef Hugh Butler
comes this month's
Wednesday
Dinner Special*



*served in the El Prado Bar
4:00 ~ 9:00 p.m.*

Roasted Cornish Hens

*with Scalloped Potatoes,
Fresh Vegetables & Pecan Pie*

\$10.00

NAVAL POSTGRADUATE SCHOOL

RADM David R. Ellison
Superintendent

CAPT Frank C. Petho
Deputy Superintendent

GSCD(SW) R.O. Murphy
Command Senior Chief

James R. Thomas
Quality of Life Director

Beth Leone-Mullins
Leisure Services Manager

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Golf Course/RV Campground
Manager

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The Peacock Press is a monthly
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Information may be subject to
change without notice.

All phone numbers are in
area code (831)

SUPER BOWL XXXVI

SUNDAY!

**El Prado Room
February 3, 2002**



Super Sunday is almost here! Make plans now
to join us! The El Prado will open at 1300 and
feature social hour prices until kickoff at 1515.
Patrons must be 21 years of age to attend.

Make your own nachos/hot dogs with condi-
ments for \$5.00 per person. We will also serve
free popcorn and peanuts all afternoon.

Join us in the El Prado for Super Bowl fun!

*Come enjoy December's
Friday Lunch Special in the
El Prado Dining Room*



Pork Carnitas

*Accompanied with Fresh Salsa,
Flour and Corn Tortillas,
Spanish Rice, Chili Beans,
Sour Cream and Shredded Cheese.*

\$5.00

FAMILY BREAKFAST

*Please join Club Del Monte
for breakfast every Sunday
beginning in February 2002.*

**9:00 a.m. ~ 1:30 p.m.
in the El Prado Dining Room**

\$7.50 ~ Adults

**\$5.00 ~ Children
(5-10 yrs of age)**


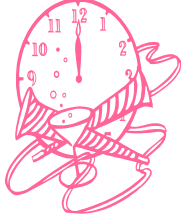
*Open to all active duty,
military retirees, NPS DOD
civilians and their families
who possess current military/
Gov't I.D. and current
vehicle decal.*

Reservations encouraged.

**Please call 656-2170 to reserve
your seat today.**

***The El Prado Bar will be open for Social Hour 4:00-6:00 p.m
on Fridays. Come and join us.***

***The Trident Room is presently closed for renovation. Please join us
in the El Prado Bar while we work to improve "your" Bar .
For more information about our special events, please call 656-1049.***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <i>Free Disney Tickets available Valid until April 30 Call ITT at 656-3223</i>	2 <i>El Prado Room Dinner Special ROASTED CORNISH HEN \$10.00</i>	3 <i>Don't forget El Prado Hot Breakfast 0645-9:00 a.m. Weekdays</i>	4 <i>El Prado Room Lunch Special PORK CARNITAS \$5.00</i>	5 <i>Connection Outreach-Teen Lawn Challenge 8:00 a.m.-12 noon</i>
6 <i>Monterey Pines Golf Course open daily 6:30-5:00 p.m.</i>	7 <i>CDC HOURLY CARE PROGRAM STARTS</i>	8 <i>Tech Connection starts SAC/CAMP Holiday-Teen Bingo 4:00 p.m.</i>	9 <i>El Prado Room Dinner Special ROASTED CORNISH HEN \$10.00</i>	10 <i>MILITARY FAMILIES APPRECIATION DINNER 1730-2000 Barbara McNitt Ballroom FREE!</i>	11 <i>El Prado Room SOCIAL HOUR 4:00-6:00 p.m</i>	12 <i>O2 Aerob-A-Thon Challenge 0830-1230 FREE!</i>
13 <i>Monterey Bay Athletic Club open 9:00 a.m. to 5:00 p.m.</i>	14 <i>Basketball Season Starts Games every Mon & Wed</i>	15 <i>Volleyball Season Starts Games every Tues & Thurs</i>	16 <i>El Prado Room Dinner Special ROASTED CORNISH HEN \$10.00</i>	17 <i>El Prado Bar Beverage Service 3:00-11:00 p.m. Dinner 4:00-9:00</i>	18 <i>Tech Connection OUTING Teens & Parent CSUMB Women's Basketball Game 5:30 p.m. (Free)</i>	19 <i>Tech Connection OUTING Youth Girls Skin Care 3:30 p.m.</i>
20 <i>Remember Monterey Navy Flying Club Open daily 9:00 a.m. to 5:00 p.m. On Sundays</i>	21 <i>Holiday Martin Luther King, Jr's Birthday</i>	22 <i>El Prado Room Dinner Special ROAST PRIME RIB \$13.00</i>	23 <i>MWR Advisory Board Meeting 10:00 a.m. La Novia Room</i>	24 <i>Don't forget El Prado Lunch 10:45-2:00 p.m. Weekdays</i>	25 <i>El Prado Bar SOCIAL HOUR 4:00-6:00 p.m.</i>	26 <i>Tech Connection OUTING Youth & Teen Parents Night 7-11 p.m. Cost: \$5.00/kid</i>
27 <i>Tech Connection TEEN SUPERBOWL PARTY 3:30</i>	28 <i>Tech Connection PING PONG 3:30 p.m.</i>	29 <i>El Prado Room Dinner Special ROAST PRIME RIB \$13.00</i>	30 <i>El Prado Room Dinner Special ROASTED CORNISH HEN \$10.00</i>	31 <i>Hope you had a great New Year</i>	<i>Get ready on 3 February for Sunday's Super Bowl Social!</i>	<i>Family Sunday Breakfast starts tomorrow</i>

Club Del Monte



Interested in having an event at NPS? We can accommodate groups from 25 to 900 people in one of our many rooms which range in size from intimate alcoves to the grandeur of the Barbara McNitt Ballroom.

Among the many events held here are weddings, receptions, protocol parties, mixers, reunions, family gatherings, dances, graduation celebrations, holiday parties and more. Talk to our creative, dedicated staff about ideas for planning your event.

Invite your family, friends and colleagues to join you for a truly memorable occasion at Club Del Monte. More information is available through the MWR Catering Office, 656-1049.

MWR ADVISORY BOARD January 23, 2002

The next MWR Advisory Board meeting is set for Wed 23 Jan 2002, at 1000 in the La Novia Room, Herrmann Hall, Bldg. 220.

All NPS departments and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

It is an opportunity to gather the latest MWR info and to share your command's feedback with MWR personnel.

For more on information, call the MWR Administrative Office at 656-1049.



**Located on
HERRMANN HALL
QUARTERDECK**

**Open Monday-Friday
9:30 a.m. to 1:30 p.m.
2:30~4:30 p.m.**

**Closed Weekends
and
Federal Holidays**

JANUARY	UPCOMING ITT TOURS	PRICES
19	San Jose Sharks vs. Colorado	\$45.00
26	San Francisco Get Acquainted	\$23.00
FEBRUARY		
2	"Evita"	TBA
9	Tech Museum	TBA
16	Disney On Ice "Jungle Adventure"	TBA
23	Wine Tasting	TBA

SKI LIFT	MWR	SITE
Heavenly	\$51.00	\$57.00
Squaw Valley	\$48.00	\$56.00
Kirkwood Adult	\$45.00	\$52.00
• Young Adult	\$37.50	\$42.00
Alpine Meadows	\$46.00	\$54.00
Mt. Rose	\$31.50	\$45.00
Northstar/Sierra at Tahoe Adult	\$46.00	\$54.00
• Young Adult (13-21 yrs)	\$36.50	\$44.00
Sugar Bowl Adult	\$47.00	\$54.00
• Young Adult (13-21 yrs)	\$33.00	\$40.00
Sierra Tahoe Adult	\$46.00	50.00
• Young Adult	\$36.50	40.00

DISNEY ON ICE



Take a trip on the "wild side." *Jungle Adventure on Ice* features three distinctly different stories from Disney: "The Jungle Book," "Tarzan," and "The Lion King." Witness high-flying stunts never before seen on ice! Get your tickets for Saturday, February 16th at the Compaq Arena in San Jose. Performances are at 11:30 a.m. and 3:30 p.m. Cost is \$18.00.

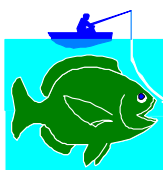
MIRAMONTE RESORT



"Live the Sweet Life." Stay at the Miramonte Resort located in Indian Wells at the base of the majestic Santa Rosa Mountains just minutes from Palm Springs. Golf, tennis, horseback riding, ballooning, rock climbing and more are at your doorstep. Buy your vouchers for \$99.00 weekday and \$139.00 weekend plus tax.

DEEP SEA FISHING & WHALE WATCHING

Sign up for local deep-sea fishing or whale-watching excursions with Randy's Fishing Trips. Whale-watching is \$11.00 for adults or children. Prices for fishing start at \$31.00 per person. Gear and licenses are extra.



*For more information about
tickets and tours, please call 656-3223.*

DISNEY FREE TICKETS



Effective 1 January to 30 April '02 Disneyland and Disney World Resorts will be offering free admission to active duty U.S. military and activated members of reserves and National Guard. Each active member will receive one seven-day ticket. This ticket will be valid for admission into the four Walt Disney World theme parks, water parks, Pleasure Island. Disneyland and California Adventure for seven days from date of issue.

During the offer period, each active member of the U.S. military may purchase at a 50% discount tickets to the Disney resorts for up to five friends and family members. Tickets must be purchased at the Disney resort visited.

YOUTH & TEEN JANUARY 2002 SCHEDULE OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 HAPPY NEW YEAR CLOSED	2 <i>SAC/CAMP Red, White & Blue Holiday Teens Guess who I am? 1-3 p.m.</i>	3 <i>SAC/CAMP Red, White & Blue Holiday</i>	4 <i>SAC/CAMP Red, White & Blue Holiday</i>	5 <i>Community Outreach ~ Teen Lawn Challenge 8:00 a.m.-12 noon</i>
6 CLOSED	7 <i>SAC/CAMP Red, White & Blue Holiday</i>	8 <i>SAC/CAMP Red, White & Blue Holiday Teen Bingo 4:00 p.m.</i>	9 <i>Back to School Youth Bingo 3:30 p.m.</i>	10 <i>Teen Council Meeting 4:00 p.m.</i>	11 <i>Youth UNO Challenge 3:30 p.m.</i>	12 <i>Outing Teen & Parent CSUMB Women's Basketball Game (FREE) 1:00 p.m.</i>
13 CLOSED	14 <i>Teen Scavenger Hunt 4:00 p.m. at La Mesa</i>	15 <i>Youth Popcorn Art 3:30 p.m.</i>	16 <i>Youth Bingo 3:30 p.m.</i> <i>Teen Karaoke 4:00 p.m.</i>	17 <i>Teen Rap Session 4:00 p.m.</i>	18 <i>Teen & Parent CSUMB Women's Basketball Game 5:30 p.m. (Free)</i>	19 <i>Outing Youth Girls Skin Care 3:30 p.m.</i>
20 CLOSED	21 CLOSED <i>Dr. Martin Luther King's Birthday</i>	22 <i>Youth Balloon Antics</i>	23 <i>Youth Bingo 3:30 p.m. Teen ~ Tour of CSUMB Leave at 4:00 p.m.</i>	24 <i>Teen UNO Tournament 4:00 p.m.</i>	25 <i>Teen Pool Tournament 4:00 p.m.</i>	26 <i>Ages 7-17 yrs. Youth & Teen Parents Night Out 7-11 p.m. Cost: \$5.00 per Kid</i>
27 TEENS SUPERBOWL PARTY 3:30	28 <i>Youth Ping Pong 3:30 p.m.</i>	29 <i>Teen Scrabble Tournament 4:00 p.m.</i>	30 <i>Youth Bingo 3:30 p.m.</i> <i>Teen Hotshot Competition 4:00 p.m.</i>	31 <i>Open Recreation</i>		

For more information about Tech Connection's special events, please call 656-2127.

Child Development Program



CHILD DEVELOPMENT HOMES



The Child Development Home program offers Navy **certified care by military family members in their homes**. One of our Child Development Homes offers a playgroup for 2-4 year olds Monday through Thursday from 0800-1200. Please stop by the Child Development Center to pick up a list of certified homes in La Mesa and to fill out an interest form for the playgroup.

Interested in pursuing a rewarding career and work at home? How about becoming a Child Development Home Care Provider? You'll receive extensive training, become First Aid/CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call and we'll assist you through our CDH certification process!

BRAND NEW HOURLY CARE PROGRAM

The hourly child care program is available to registered children between the ages of 1 year (walking) and 6 years. Reservations may be made 2 full weeks in advance. The rate is \$3.50 per hour. This program is open to active duty military, reservists on active duty status, military retirees and DOD civilians Monday through Friday, 9:00 a.m. ~12:00 noon beginning January 7. To make reservations and register your child, please call the Child Development Center at 656-2734.

CDC IS THE PLACE TO BE

If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing early childhood experience ~ the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care. We maintain a wait list for full-time care but currently have openings in our 3-5 year old classrooms.

Life Skills Readiness Program ~ The Child Development Center offers a part-day preschool program called the Life Skills Readiness Program for children 3 to 5 years old. Prepare your child for school and give yourself some time to take care of some errands. Our Life Skills Readiness program offers a developmentally appropriate curriculum in a stimulating environment within our accredited child development program. Sessions are Monday/Wednesday/Friday 0900-1130, and Tuesday/Thursday 0900-1130. A five day program may be available upon request.



Accredited by NAEYC's
National Academy of Early
Childhood Programs



O₂ AEROB-A-THON CHALLENGE

Saturday, January 12, 2002
0830-1230 **FREE!**

High-energy music, refreshments, prizes and fun!

The morning agenda:

0830-0900 ~ Sign in. Light refreshments
0900-0930 ~ Power Yoga (Tay Scott)
0940-1010 ~ Six pack Attack (Gwen Donovan)
1020-1050 ~ Freestyle (Margo Robins)
1100-1130 ~ Kickboxing/Muscle Conditioning (Anne/Gwen)
1140-1210 ~ Cycling/Step (Kathy Capuano)
1215 ~ Cool down/Grand prize (All)

For more information, please call 656-3118.

WINTER INTRAMURAL SPORTS:

Start the New Year playing sports! Roster forms are available at the front desk Team rosters are due by Wednesday 9 January '02.



Basketball season will begin Monday, January 14, 2002. Games are scheduled on Mondays and Wednesdays.

Volleyball season will begin Tuesday, January 15, 2002. Games are scheduled on Tuesdays and Thursdays.



PERSONAL TRAINING

Start your '02 fitness goals with our personal trainers. We offer personal training that includes consultation, fitness/exercise program design and one-on-one training.



CLASS DESCRIPTION

FREE STYLE: A cardiovascular cornucopia of fat burning routines. This class is designed with variety in mind. *For all fitness levels.*

PT READY: Is designed to maintain the Navy Physical Readiness Test standards. Consist of 20-25 minutes of aerobic training followed by muscle conditioning and abdominal exercises. Flexibility and upper body strengthening will be emphasized. *For all fitness levels.*

STEP REBOOK: *For intermediate level.* Consist of 30-35 minutes of cardiovascular training on the step, perfect to rev up your heart rate.

KICK BOX: A fun and easy to follow workout utilizing boxing and martial arts based movements to kick, duck, block and jab your way to fitness. A training for endurance and strength in both the upper and lower body. *Great for the beginner-intermediate.*

20/20/20: A combination of 20 minutes of Step, 20 minutes of High/Lo followed by 20 minutes of muscle conditioning and abdominal exercises. *For all fitness levels.*

MUSCLE CONDITIONING: A non-impact workout utilizing barbells, bands, body bar and the Resit-A-Ball to strengthen, tone and sculpt your muscles from head to toe. *Ideal for beginner to experienced exercisers.*

PEDAL PUMPING: This class is perfect to learn the basics of indoor group cycling. Be prepared to hit road time and travel over hills and flats while burning between 400-600 calories in 45 minutes! *Any level of exerciser welcome!*

POWER YOGA: Classes utilizing traditional yoga poses to give you a stress relief break in your day. Benefits of this class are added flexibility and strength. *Ideal for everyone!*

SIX PACK ATTACK: In this **FREE** class you can count on 30 minutes of intense abdominal exercises to increase your abdominal strength. In abs below the emphasis are also glutes, hamstrings and inner/outer thighs. *Open to all eligible Fitness Center participants.*

PILATES: Concentrate on your "inner-core" muscles, specifically your abdominal to achieve stability in the trunk. You get the benefit of Yoga and strength training combined. *All level exercisers welcome.*

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	SAT
6:00 AM	20/20/20	FREE STYLE	PT READY	FREE STYLE	
8:30 AM					STEP
9:30 AM					MUSCLE CONDITIONING
12:00 PM	POWER YOGA	PEDAL PUMPING	POWER YOGA	PEDAL PUMPING	
5:00 PM	SIX PACK ATTACK		SIX PACK ATTACK		
5:30 PM	KICK BOX	PEDAL PUMPING	KICK BOX	PEDAL PUMPING	
6:30 PM	PEDAL PUMPING	STEP REBOOK	PILATES	STEP REBOOK	

FITNESS CLASS FEES

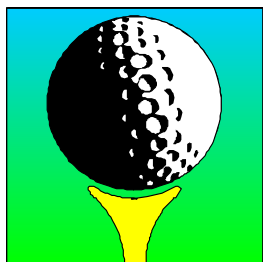
ELIGIBLE PATRONS	AEROBIC CLASS DAILY	CYCLING DAILY	COMBO 8-PUNCH CARD	PILATES & YOGA MONTHLY	PILATES & YOGA DAILY
ACT.DUTY/RESERVIST	FREE	FREE	N/A	\$36.00	\$5.00
RETIREE/FAMILY MEMBER	\$2.00	\$2.50	\$12.00	\$38.00	\$5.50
DOD CIVILIAN	\$3.00	\$3.00	\$16.00	\$40.00	\$6.00

Combo Cards: Allows you to take either aerobic or cycling classes.

Monterey Bay Athletic Club will be closed on New Year's Day 1 January 2002.

This month's Golf Tip: USE A CHALK LINE

To help improve our putting accuracy, lay a chalk line down on the practice green, so it stretches out the front center of one of the holes to a point ten feet away. Practice about an hour a week hitting balls from different points along that chalk line and you will notice how quickly your hole-out conversion rate improves.



MONTEREY NAVY FLYING CLUB



Located at the Monterey Airport, you will find aircraft rental and professional flight training in an informal, club-type atmosphere.

For more info, call the Monterey Navy Flying Club at 372-7033.



MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.

About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey). Our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

For advance reservations or more information, call the Monterey Pines Golf Course Pro Shop at (831) 656-4029.

DAILY RENTAL FEES

Eligible Patron	Full Hook-Up	Partial Hook-Up
Active Duty/Reservist/ Retiree/Family Member	\$14/Day	\$12/Day
DoD Civilian	\$16/Day	\$14/Day
Civilian Guest	\$18/Day	\$16/Day

We apologize for the inconvenience during our clubhouse renovation. We are building a new and improved facility for our golf course patrons.

Monterey Pines Golf Course will be open on New Year's Day, January 1, 2002. For more information, please call 656-4029.

MONTEREY PINES GREENS FEES

WEEKENDS & HOLIDAYS

Military	\$14.00
DoD Civilian	\$18.00
Guest	\$29.00
Junior Military	\$6.00
Junior DoD	\$7.00
Junior Guest	\$8.00

MONDAY- FRIDAY

Military	\$12.00
DoD Civilian	\$14.00
Guest	\$21.00
Junior Military	\$6.00
Junior DoD	\$7.00
Junior Guest	\$8.00

MID-DAY (12-2 P.M.) DAILY

Military	\$10.00
DoD Civilian	\$12.00
Guest	\$18.00
Junior Military	\$6.00
Junior DoD	\$7.00
Junior Guest	\$8.00

TWILIGHT (2 P.M.-CLOSING) DAILY

Military	\$9.00
DoD Civilian	\$10.00
Guest	\$13.00
Junior Military	\$6.00
Junior DoD	\$7.00
Junior Guest	\$8.00

